

Essay

5. Books build Nations, Screens Distract Them

Outline

1. Introduction :

- ⇒ Attention grabber
- ⇒ Books resembles quality education
while screen resembles social media
- ⇒ Thesis statement: Books build
nations by producing educated
and goal-oriented citizens but on
the other hand screens often breed
misinformed people leading to the
stagnation of a nation.

2. Books as Builders of Nation

- 2.1. Useful source of information
- 2.2. Knowledge enhancement

- 2.3. As a guiding tool for people
- 2.4. Reading books as a productive addiction
- 2.5. No side effects, just learning

3. Screens as Distractions:

- 3.1. Screens spread disinformation
- 3.2. Misguides people and their public opinion
- 3.3. Wastage of time, people have no goals or aims
- 3.4. Decline in reading culture
- 3.5. Overuse of screens leads to isolation, anxiety, depression

4. Conclusion

The Essay

A room without a book
is like a body without a soul.

This phrase emphasizes the importance
of books in human life, soul is
~~man~~ without soul, human body is
just a pile of meat likewise life
of people without books is meaningless.

As, books provides people with critical
thinking and builds their personality
which result in a collaborative

development of a nation. Books are a
traditional source of learning, from

1st step of education till death, books
educate people, however with the advancement
of technology, this traditional method of
learning has been replaced with other
sources like social media. In this
digital age, people are occupied with

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screens every second. On the one hand, this advancement has made people's life easy by providing e-books, e-libraries and people can have access to any information at any time but on the other hand this enhancement in learning also possesses some disadvantages. Over reliance on screens inhibits the capacity of people to think critically and ruptures their abilities.

Books build nations by producing educated and goal-oriented citizens while screens often breed misinformed people leading to the stagnation of a nation.

Books are viewed as a useful source of information. They preserve ideas, philosophies and critiques of noble persons. They provide us with authentic knowledge and give different perspectives on one thing leading to diversity of information. Different books have views on different perspectives such as one book will tell us about how to develop good habits, on the same time another book will tell us about scientific discoveries.

People can have any book on any single thing like poetry, creative books, novels for entertainment, fictional books, fantasy based (Harry Potter), mystery or thriller. Books are also a source to preserve history which give in-depth knowledge of historical

events. There are biographies, books on cultures, travelling and most importantly academic books which help students. So, books encourage useful learning.

Similarly, with all these sources, books enhance knowledge of reader. When a person reads history books, it will add to his knowledge about the history that what happened in the past, when he/she ~~with~~ reads a religious book, then it will enhance his religious knowledge. It not only enhances but also shape people's ideas. People having negative thinking about some religions that religions oppress people but when these people read book on religion, they will get to

know that religions don't oppress people, with that their perspective will change to a positive one. Every book exposes readers to new words, new phrases, style of writing and culture. This improves language skills, communication and confidence which are the tools for intellectual growth.

"Knowledge is power, books are its source."

Books engage the mind's creative side, when we read, we try to visualize scenes, characters and concepts which help to think innovatively in real life. Books like atomic habits and biographies of great people

are examples for readers to follow the paths of those great people to and give a chance for people to learn from them and apply that knowledge to real life. Hence, books build nations by enhancing knowledge.

Books also build nations by guiding people. Books act as a tool for people to develop their personality and contribute to welfare of the society.

"Books are the quietest and constant friends of humans."

People that read becomes morally strong, socially aware and

religiously pure. Books are powerful moral teachers. Religious and philosophical writings such as Holy Quran guide people about right and wrong doings, justice and equality ~~are~~ ultimately resulting in the overall success or progress of the society.

They make people ~~to~~ strong to handle life challenges with patience by providing solutions from the lives of previous great people & written in biographies. Self-help and motivational books like 7 habits of highly effective people give directions to the life for success, discipline and leadership. They not only guides about success but also guide readers to set goals & manage time and productive habits to live a purposeful life.

Moreover, reading books is a productive learning and addiction. A book addictive person is a person with highly developed heart and mind because books brings out his hidden reading and language capabilities that further help him in his enhancing his communication. By strengthening focus, ^{and} developing imagination, books can become a productive form of addiction rather than screens that waste time.

"The more the one reads,
the more curious and
thoughtful one becomes."

A book addicted
person has a lust for more

knowledge. It's an addiction that builds discipline, patience and empathy which are likely the qualities for personal and national growth.

"Reading is a good addiction, it makes you use yourself to find your better self."

Unlike screens, books have no disadvantage or side effects. The only thing that books gives you is better learning. With books, there is always learning, sometimes getting known to new idea and sometimes, a different perspective of the existing idea. Books consume time but in return they construct the minds of people. These are the

only addiction that brings no harm,
only learning. ~~R~~ Reading nourishes
intellect - expands visions and
refines judgement. Every page provides
wisdom. Through books, peoples
grows mentally, emotionally and
morally, being a continuous source
of self-improvement.

"Reading makes you
wiser, not weaker."

Unlike books, screens act as
distractions. and books being source
of useful information, screens spread
fake news and provides people
with disinformation. Screens such
as social media is accessible to

every person, being that child, young, adult or old, everyone can use it and spread information that is not true rather than books which are written by experts, go through analysis and changings while social media users can mold or change information according to their own view. Although these platforms can serve as useful source but their disadvantages are more such as when person searches specific information, there appears many informations which may include fake news and also advertisements that distract the users. Screens inhibit the mind's abilities, people start to rely on fake news that often prevents them from true information. Every person on social media has its own perspective

and mostly are not experts. So, screens act as a platform of misinformation.

Screens misguide people by not providing authentic information. It stimulates people's mind and people can't identify what's wrong and what's right. Screen platforms like TikTok or Instagram promotes unrealistic lifestyles and beauty standards. People began to live in delusions rather than real life.

Algorithms on digital platforms what they want to see, not what they need to see. People are accessible to only fragments of information instead of gaining deep knowledge.

Extensive exposure to inappropriate content weakens moral values especially among youth thus leading to retention of a nation. It also shapes public opinion about sensitive political ~~is~~ and social issues. They believe everything that they ~~see~~ watch on these platforms instead of deep understanding.

"The real problem is not we have screens but that screens have us."

In contrast to books that consume time but in a useful manner, screens are tool to waste time. People using screens all the time uselessly without any goals or aims. People spends hours scrolling through social media watching short videos and meaningless

content. This brings no learning or growth. People Screens divert attention from goals such as education, career or self-development. They just give temporary satisfaction which weakens focus and persistence. Screens make us busy, but not productive. It make individuals forget their real-life ambitions and priorities. Instead of working for achievement, people compare themselves to others, which leads to demotivation.

Over use of screens is resulting in a decrease of reading culture. The habit of reading is gradually decreasing or fading as people prefer quick digital content rather than deep

reflective analysis of books. Reading builds vocabulary, thinking and imagination, all of which are declining due to dependence on screens. Classic culture and literature that shapes societies, now memes dominate the attention. A nation that stops reading, starts declining.

Beside all this, screens possess many side effects. People become depressed and feel anxiety by comparing themselves to others' life. People using screens become addicted to it and lose the real-life connection, people are just virtually connected through screens, this prevents people to engage in real-life experiences. Screen disturbs sleep patterns, reduces focus and productivity.

Screens connect us digitally but disconnect us emotionally.

Conclusion:

Books are the foundations of knowledge and wisdom. They guide people towards achievement, success, education and discipline. Nations have produced thinkers, scientists, philosophers and leaders through books who changed the ideas of the world. Reading develops critical thinking, imagination, goals and makes life purposeful. On the other hand, screens have become a major source of distraction. Instead of learning, people waste time scrolling and watch meaning less content. This

habit weakens focus, reduces creativity
and leads to anxiety, depression
and social isolation.